

TREGGY 7 TRAINING PLAN - BEGINNERS / INTERMEDIATE / ADVANCED

WEEK	WEEK COMM	MON	TUES	WED	THURS	FRI	SAT	SUN - LONG RUN	NOTES
1	13-Jun	REST	CLUB RUN - 3/5/6/7	S&C	MARY OUT / BACK	CROSS	TRAIN - 30 MIN	3M /5M /6M	
2	20-Jun	REST	CLUB RUN - 3/5/6/7	S&C	KEVIN - COMBI	CROSS	TRAIN - 30 MIN	3M / 5M / 6M	
3	27-Jun	REST	CLUB RUN - 3/5/6/7	S&C	MARY - PROPER OUT / BACK	CROSS	TRAIN - 40 MIN	4M / 6M / 7M	
4	4-Jul	REST	CLUB RUN - 3/5/6/7	S&C	400M INT WITH REDUCED RECOVERY	CROSS	TRAIN - 40 MIN	4M / 6M / 8M	
5	11-Jul	REST	CLUB RUN - 3/5/6/7	S&C	WINDMILL HILL	CROSS	TRAIN - 50 MIN	5M / 7M / 8M	
6	18-Jul	REST	CLUB RUN - 3/5/6/7	S&C	800M WITH 90 SEC RECOVERY	CROSS	TRAIN - 50 MIN	5M / 7M / 9M	
7	25-Jul	REST	CLUB RUN - 3/5/6/7	S&C	300/100, 200/200, 100/300, 400 X 3	CROSS	TRAIN - 60 MIN	6M / 8M / 10M	
8	1-Aug	REST	CLUB RUN - 5/6/7	S&C	400M INT WITH REDUCED RECOVERY	CROSS	TRAIN - 60 MIN	6M / 8M / 10M	
9	8-Aug	REST	CLUB RUN - 5/6/7	S&C	WINDMILL HILL	CROSS	TRAIN - 50 MIN	7M / 8M /9M	
10	15-Aug	REST	TREGGY 7 ROUTE	S&C	800M WITH 90 SEC RECOVERY	CROSS	TRAIN - 40 MIN	7M / 8M / 9M	
11	22-Aug	REST	CLUB RUN - 5/6/7	S&C	COMBI	CROSS	TRAIN - 30 MIN	TREGGY 7 TRIAL	
12	29-Aug	REST	40 MIN TEMPO	S&C	30 MIN EASY	REST	REST	TREGGY 7	

N.B. THE STRENGTH & CONDITIONING CLASSES AND THE CROSS TRAINING SESIONS ON WEDNESDAY AND FRIDAY / SATURDAY ARE OPTIONAL EXTRAS IF YOU ARE NOT UNDERTAKING THESE EXTRA ACTIVITIES THE DAY IS AN ADDITIONAL REST DAY

STRENGTH & CONDITIONING - WED THIS IS THE PRIORITY 1 LRR CLASS - PLEASE DO NOT UNDERTAKE THIS TYPE OF EXERCISE WITHOUT APPROPRIATE TRAINING.

CROSS TRAIN - FRIDAY OR SATURDAY - CONSIDER CYCLING / SWIMMING / EASY RUN

BEGINNERS - AIM FOR MAXIMUM 3-4 DAYS TRAINING PER WEEK

INTERMEDIATE - AIM FOR MAXIMUM 4-5 DAYS TRAINING PER WEEK

ADVANCED - AIM FOR 5-6 DAYS TRAINING PER WEEK

ALWAYS INCLUDE SUITABLE WARM UP / COOL DOWN / STRETCHING SECTIONS WITH EVERY WORKOUT SESSION